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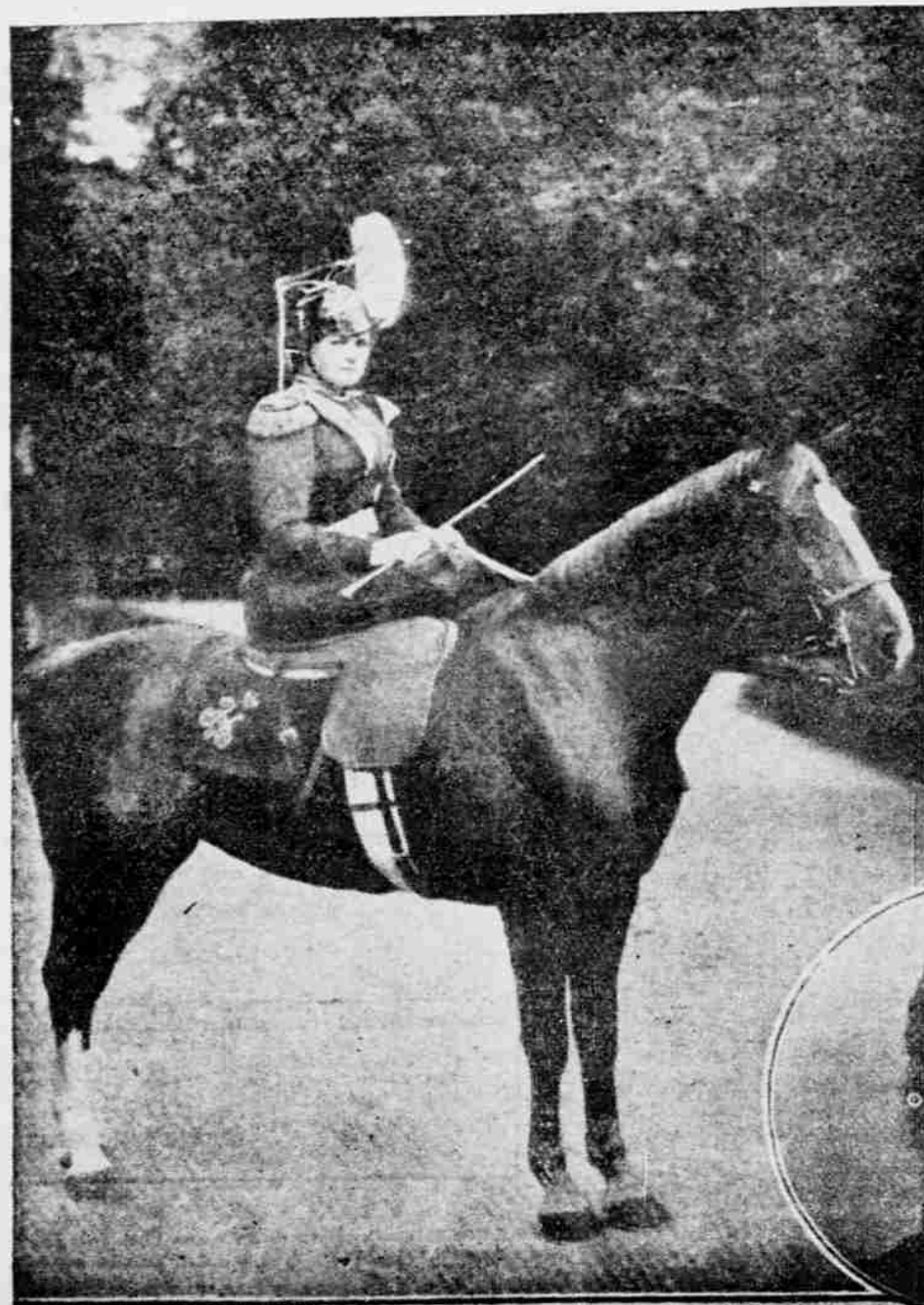
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The Dowager Tsaritsa.
The Tsar's Mother.



The Tsar, Nicholas II., Whom the World Holds Responsible
For the Sunday Massacre in St. Petersburg.

FIESTA OF SURF BOATS AT WAIKIKI ON MONDAY

Many of the recent arrivals in Honolulu have been struck by
one feature of Honolulu life and that is the surf-boat riding at
Waikiki Beach, to be found nowhere on the globe amid such sur-
roundings as in the Hawaiian Islands.

On next Monday afternoon it is intended to make a fiesta of
surf boats if possible, and to this end the Promotion Committee
is endeavoring to get all canoe owners to bring their boats out to
the beach near the Moana and Hawaiian Hotel Annex frontages.

The Hawaiian Government Band under the leadership of Cap-
tain Berger will be stationed at the end of the Moana Hotel pier
from 3:30 to 5:30 o'clock in the afternoon, where it will discourse
sweet and stirring strains. It is expected that a big crowd will be
out to enjoy the novelty.

MANY DANGERS FROM FOOD.

There is a society in Manchester called the Manchester Phys-
ical Health Culture Society. Sometimes its speakers advocate
very sensible modes of living and at other times their subjects seem
to run away with them. Recently a gentleman gave an address
chiefly consisting of a wholesale condemnation of most ordinary
foods, which he thought were the principal cause of disease. For
the ignorance on this subject he considered that the education au-
thorities were morally responsible because they did not teach hy-
giene in all the schools.

Salt was the first thing that came under his ban, and he is
reported as saying that, "like arsenic, it is an irritant poison,"
which we must have, but as natural vegetable salt, which is usually
boiled out and thrown away, thus drawing a marked distinction
between what he calls "organic vegetable salt," and "inorganic min-
eral salt." The former, he says, enters into chemical combination
in the system, while the latter "is merely held in mechanical solu-
tion in the blood. When minerals out of the earth, such as salt,
soda, lime, iron, phosphorus, sulphur, coal or brimstone are eaten,
they clog the system in much the same way that dust and dirt clog
and wear out machinery;" and he goes on to say that some eminent
authorities ascribe cancer to the use of salt, especially when food
such as fish, meat, bacon and ham is eaten which has been cured
by salt. The idea that salt is the cause of cancer is, of course, by
no means new, and is believed by many as firmly as folks believed
some 50 or 60 years ago that brandy and salt would cure every-
thing.

He then runs amuck at the use of "fiery spices, as mustard,
pepper, ginger, cloves, nutmeg, horseradish, sauces, vinegar and
pickles," passing on to denounce—we must say quite rightly in
many cases—the use by manufacturers and vendors of such sub-
stances as borax, boric acid, soda, baking powder, cream of tartar,
aniline dyes and sulphate of copper for coloring. Hence the foods
in which they are mostly used, as jams, marmalade, jellies, milk,
butter, margarine, cheese, potted shrimps, sausages, pies, brawn,
polony, cured meat, fish, ham, bacon and many of the tinned foods,
ought not to be eaten. "The law ought to forbid these poisons be-
ing introduced into the blood."

Of course, the lecturer condemned tea, coffee, cocoa, meat ex-
tracts and alcohol as not being foods, but deleterious stimulants
which "mortgage our nervous forces." Aerated waters, he says,
are generally unwholesome from their containing such preserva-
tives as tartaric and carbonic acids, saccharine, artificial or mineral
colorings and flavorings. "The only liquid necessary for man is
water." Sugar and all foods containing it are bad, also honey,
while dried, crystallized, very sweet fruit, such as dates and figs,
are little better.

"Fats are another popular, but disease breeding, death-dealing
food. These fats bring on headaches, fevers, colds and general de-
bility, and it is almost impossible to have a fit, a stroke or heart
failure without consuming these foods." He does allow that some
fat is necessary, but says that it may be obtained from whole wheat,
oats, maize, milk, nuts, fish, fowl and flesh from sheep and oxen
naturally fed on pasturage, but not from those artificially fatten-
ed, like pigs and prize cattle. He, of course, condemns pastry, pud-
dings, cakes, all plain and fancy bread, biscuits, confectionery and
other starchy foods that have any animal or vegetable fat, oil or
butter as an ingredient.

At the close of the lecture one of the audience asked anxiously

whether the lecturer would tell him what he might eat. "I recom-
mend," he said, "vegetables, rice and salads." "Is that all?" He
was assured, however, that a few things were still left that a per-
son over 35 years of age might eat safely.—London Lancet.

At one of the recent lectures by Professor George Kirchwey,
dean of Columbia Law College, New York, the students were un-
easy. There was something wrong in the air. Books were dropped,
chairs were pushed along the floor. There were various interrup-
tions. The nerves of all were on edge. The members of the class
kept their eyes on the clock and awaited the conclusion of the hour
of the lecture. The clock beat Professor Kirchwey by perhaps a
minute, but at the expiration of the schedule time the students
started to their feet and prepared to leave. "Wait a minute," ob-
jected Professor Kirchwey; "don't go just yet. I have a few more
pearls to cast."—Argonaut.

The national airs of great countries are short, while those of
little countries are long. "God Save the King," is fourteen bars,
the Russian hymn is sixteen bars and "Hail, Columbia!" has twen-
ty-eight bars. Siam's national hymn has seventy-six bars, and that
of Uruguay seventy, Chile forty-six, and so on. San Marino has
the longest national hymn, except that of China.

Dr. William Henry, an English physician, states as a result of
experiments that in all forms of animal life, insects included, exists
the taste for alcohol. He says that fishes are the only "real tee-
totalers" in creation.

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